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ABSTRACT

This book presents nutrition education activities and strategies that are child-tested and teacher-endorsed. It targets educators, nutrition professionals, parents, and other caregivers, offering the tools to teach children ages 6-10 years about nutrition in a meaningful, integrated way. Divided by subject, this resource integrates nutrition into the classroom, cafeteria, and home. It explains how to integrate nutrition education into specific subject area classes. Following a description of how to use the book, there are 12 chapters: (1) Making the Case for Nutrition Education; (2) The Message of Healthy Eating; (3) The F.I.B. (fun, integrated, and behavioral) Approach to Nutrition Education; (4) Teaching the Basics: The Food Guide Pyramid; (5) Language Arts; (6) Math; (7) Science; (8) Social Studies; (9) Performing Arts; (10) Edible Art; (11) Physical Education; and (12) The Cafeteria as Nutrition Laboratory. Two appendixes present guidelines for safe classroom cooking, and selected resources. A complementary guide, Leader/Activity Guide: A Hands-on Guide Filled with Delicious Learning, presents nutrition education activities and strategies for elementary school students, including self-assessment activities; setting goals and making choices; finding out more about food you eat; cooking up some fun; and puzzles, activities, and more recipes. (SM)

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